

The Home Department.

Annie Laurie.

Maxwelton braes are bonnie
Where early fa's the dew,
And it's there that Annie Laurie
Gle'd me her promise true—
Gle'd me her promise true,
Which ne'er forgot will be:
And for bonnie Annie Laurie
I'd lay me doune and dee.

Her brow is like the snaw-drift;
Her throat is like the swan;
Her face it is the fairest
That e'er the sun shone on—
That e'er the sun shone on—
And dark blue is her ee;
And for bonnie Annie Laurie
I'd lay me doune and dee.

Like dew on the gowan lying
Is the fa' o' her fairy feet;
Like the winds in summer sighing,
Her voice is low and sweet—
Her voice is low and sweet.
And she's a' the world to me:
And for bonnie Annie Laurie
I'd lay me doune and dee.
—William Douglas of Kirkcudbright.

Homely Wrinkles.

The frost is on the pumpkin,
The blush is on the apple,
But more than this, O joy and bliss,
The scraps are in the scrapple.

If you wish to dip anything in beaten egg before frying, add to the egg a tablespoon of cold water. It will go farther and be easier to manage.

To make chestnut stuffing for roast turkey: Boil the chestnuts till tender, shell, chop fine, add salt, pepper and

KEEN COLLEGE MEN

The Food of Harvard Brain-Workers and Athletes

Memorial Hall at Harvard where some twelve hundred of the men eat, is particularly interesting. The dining-room is an enormous gothic hall finished in old English oak with wide, stained glass windows on the sides. The walls are hung with portraits of illustrious graduates and benefactors of past generations.

The students have good food to eat and plenty of it. The hall is run on a co-operative plan so that it costs something less than four dollars a week for board. To this place three times a day come men, whose lives for the time being are given to serious intellectual work, and to accomplish this, they are keen enough to realize that proper food is absolutely necessary.

One is particularly struck by the yellow packages of Grape-Nuts standing on nearly every table, which the men purchase at grocery stores and bring in for their personal use. They quickly find out by practical demonstration that brain work exhausts the phosphates, and that nature demands that this loss be made up, and made up from food.

Grape-Nuts is ready to be used without cooking, it is a scientific food which nourishes and builds up the brain, and is particularly suited to the needs of students.

The Varsity athletes also eat it to keep their digestive organs in perfect working order so that they can stand the great strain of both body and head-work when important contests shall come.

butter. Pound and mix the butter in with a potato masher and fill.

Do not darn fine woolen undergarments with wool. It will shrink and pull a hole larger than the original one. Use loosely-twisted knitting silk or fine darning cotton and darn loosely.

If the housewife has any rusty knives, they may be rubbed with a flannel cloth simply dipped in kerosene oil. When thoroughly so treated put them aside for a day or two, and the rust will be loosened and easily cleaned.

A few minutes work will put an extra lining in a waist across the shoulders and chest and tops of sleeves which may be quickly changed when soiled; while if the original lining becomes soiled it must be worn so or the waist remade.—Farm Journal.

Mrs. Winslow's Soothing Syrup.

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Handy Suggestions.

Where there are school children in the family, good, rich soup should often be made for supper.

Respect the wishes of the little folks in important matters. It will train their judgment for more weighty ones.

If the home dressmaker would iron out her paper patterns just before using, her cutting would be much easier and more exact.

A whisk-broom cut so it tapers to a point at one side is the handiest thing out for cleaning the corners when sweeping the stairs. One that is past service for its original use is as good as a new one for this purpose.

Plaster of Paris will not set so quickly and will mend things more firmly if it is mixed with glue water. Make it in the proportions of half a teacup of glue, soaked till soft in lukewarm water, then enough cold water added to moisten a half pound of the plaster.

A wholesome way of stewing fruit is to put it in a covered stone jar set in cold water. Bring to a slow boil, then set on the back of range for seven or eight hours, letting it cook slowly all the while. Eaten with sugar and cream this is a capital addition to the children's supper.—Farm Journal.

Some Uses of Borax

It is a pity that more housekeepers do not realize what a very useful and beneficial agent borax is in the home. Until within recent years the price of imported borax was so high that its use in the household was not common. Now that we furnish our own supply it is within the reach of all; the most convenient form for domestic purpose is the powdered borax which is sold in boxes.

For laundry work it is invaluable, and the washwoman of Belgium and Holland, so famous for the beauty of their work, use it instead of soda; it is a neutral salt and will not injure the fabric. In washing, a handful of borax to ten gallons of water will save nearly one-half that ordinary quantity of soap, and will make the clothes beautifully white and clean. It is especially good in washing silk, woolen materials, lace and delicate fabrics. Many laundresses also stir a little into the starch as they claim it gives a better finish and makes the starched article easier to iron.

In dish washing and kitchen work

it possesses the advantage over so many other articles of common use of not injuring the hands; on the contrary, it is beneficial to them, as it is one of the ingredients which compose nearly all good salves and washes for the skin. It is excellent in driving away ants and all kinds of summer pests, and used about presses, refrigerators and sink is exceedingly purifying.

For the toilet its good offices are manifold; it relieves chapped hands, tender feet, weak eyes and removes dandruff from the hair. It is very soothing to burns and bruises, and as a mild antiseptic cannot be surpassed.—Eliza R. Parker, in St. Louis Journal of Agriculture.

How Mary Fixed Her Room.

Last week I was invited to inspect Mary's new room, and she gave me some ideas which I think other girls might appreciate, for the heart of every maid is bound up in her own especial den.

Mary's rugs particularly pleased me. Three were plain white, one white with a dull border, and the fifth a shaded blue.

"You see, I couldn't afford to buy new rugs, so I gathered all the clean, white scraps I could find, cut them into strips in the usual way, and got Becky Martin to weave them these especial sizes. This white fringe on the edge is knotted warp.

"The blue rug is of wool stripe. It took me a long while to collect so many shades of blue, and Becky wove them, 'hit or miss,' as she called it, with bright blue warp."

"But the white ones will soil quickly, will they not?"

"What if they do? They can go into the washtub every week if necessary. See that one by the bed? Would you believe it has been washed twice? And it is so pleasant to step out of bed on a dainty white rug."

"What is that divan cover made of?" I asked.

"Oh, old ribbons and silk pieces. I had seen silk portiers, and thought a couch cover would be pretty. The strips are cut only a half inch wide, and woven very closely."

"But did you not grow tired of sewing rags?"

"No, indeed. I'll tell you how I sew them. Say I have a piece of goods a yard square, I cut it into a number of equal strips, and lapping the end edges, sew them twice on the machine. Then I go round and round with a sharp scissors, cutting spirally, as it were, and it comes out in one long strip. It is lazy girl's carpet rags."

She took me into the hall.

"Do you see that rug? What do you say it is made of?"

"That is made of an old chenille portiere. I cut it into long, even strips, sewed them together on the machine, and the cutting did not take me long. It only cost me 35 cents to have it woven, and the warp was 75 cents. It is a splendid way to use up half-worn chenille curtains or table covers. The strips are to be cut almost an inch wide for rugs, and narrower for divan covers."

"You clever girl, tell me about that pretty pillow I see there, of as many colors as Joseph's coat."

"Well, I'm tired of crazy quilt and log cabin silk work, and I wondered what to do with my scrap silk. I cut silk into pieces two inches square; fold them once in the middle—now, that makes a long strip. Then I bring the two ends down to meet the folded bottom edge, and this forms a triangle like a cocked hat. I sew a row of these, points upward, on a founda-

E. H. Grove

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tion, and the next row overlaps it, the points alternating with those of the first row. The white pillow, then, is of vari-colored silkpoints lying flat. It makes a pretty pillow to brighten a corner."

"And they're quite as pretty when they get a little ruffled," I said.

"Now, before you go, come and see my bookcase. I didn't have room in my shelves for the volumes of the Century dictionary, so I got a box that just fit the set, and another one just as long, but narrower, for the top box. I nailed them together and covered them with tea matting, inside and out."

"Mary, I think you have done wonders with very little money, and some other girls must be told how you did it."

And this is the story.—L. M. Ganier, in Sunny South.

Food Value of the Potato.

"The popularity of the potato as a foodstuff is well founded, and is due to its prolific yield, superior keeping qualities, ease of propagation, and agreeable flavor. It was introduced into this country at the time of Raleigh's voyages to Virginia, and has steadily increased in popularity ever since.

"Every school child is aware that potatoes are classed as starch foods, and that their bulk is made up largely of water. . . . It is chiefly on account of the starch content that potatoes are eaten, and while they are apparently not economical foods, owing to the large proportion of water which they contain, this is not actually the case. In other foods, as for instance, rice, there is four times as much nourishment as in an equal weight of potatoes, but then water or milk is added to the rice in preparing it for the table, so that when ready to be eaten it very much resembles potatoes in the assimilable proportion,

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